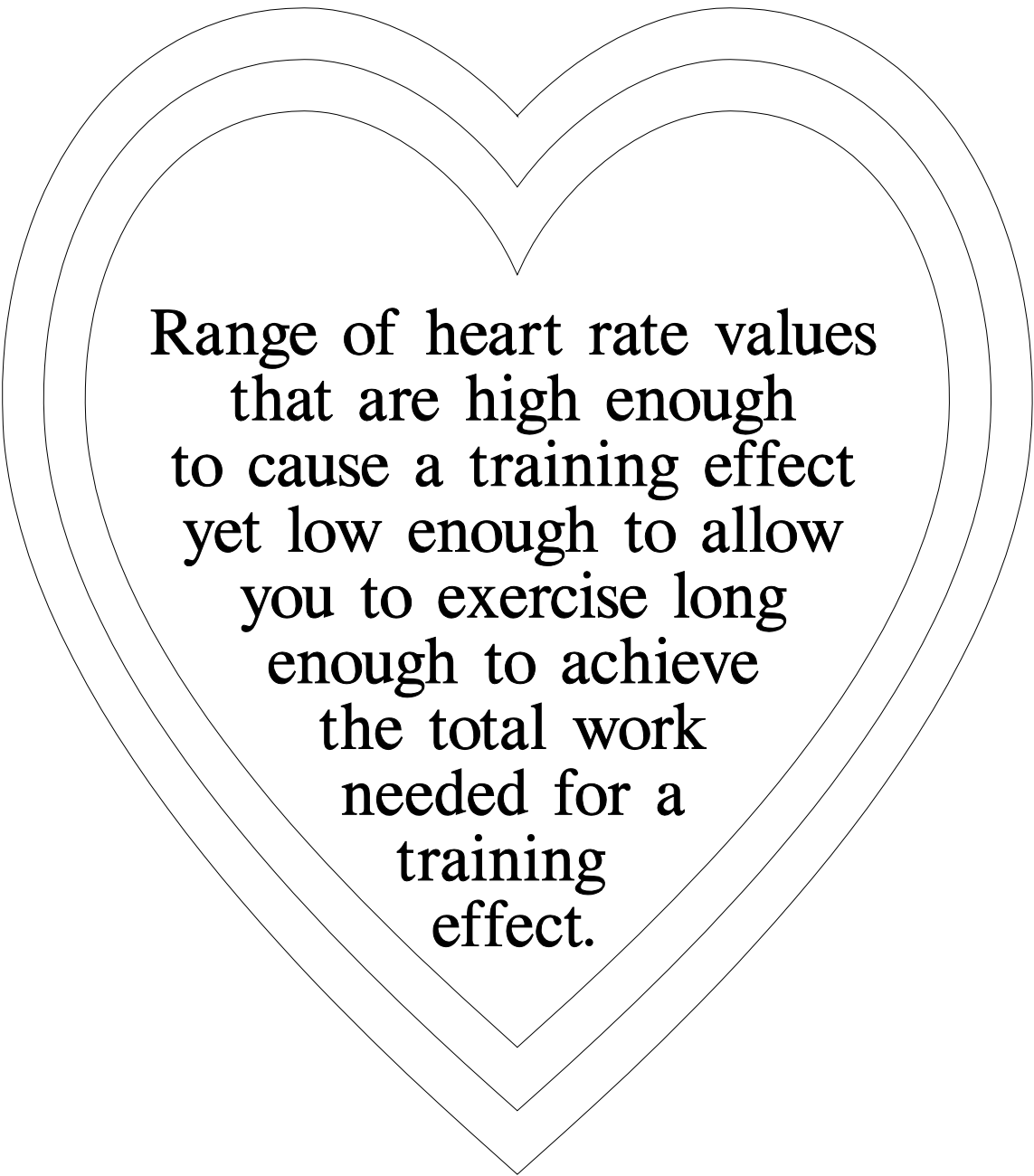


Target Heart Rate Zone



Range of heart rate values
that are high enough
to cause a training effect
yet low enough to allow
you to exercise long
enough to achieve
the total work
needed for a
training
effect.